

SHELBY COUNTY SCHOOLS LUNCH MENU
Oct-07

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CHICKEN STRIPS WITH ROLL HAMBURGER SANDWICH *ENTRÉE SALAD SEASONED GREEN BEANS WHIPPED POTATOES LETTUCE, TOMATO, PICKLE FRESH FRUIT CHILLED FRUIT CUP *MILK 1	TERIYAKI BEEF NUGGETS/W ROLL CHICKEN SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE OVEN BROWNED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 2	MEXICAN STICK W/CHILI HOT DOG/OR CHILI DOG SANDWICH *ENTRÉE SALAD 0 WHOLE KERNEL CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 3	FISH STICKS WITH BREAD STICK CHICKEN NUGGETS W/BREAD STICK *ENTRÉE SALAD MACARONI AND CHEESE STEAMED BROCCOLI 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 4	PIZZA ENTRÉE WRAP *ENTRÉE SALAD SHREDDED LETTUCE SALAD BABY CARROTS W/DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 5
Fall Break		CHICKEN NUGGETS W/ROLL HAMBURGER SANDWICH *ENTRÉE SALAD MEXICAN CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 10	COUNTRY BEEF PATTY W/ROLL POP CORN CHICKEN *ENTRÉE SALAD LIMA BEANS WHIPPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 11	PIZZA DELI SANDWICH *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 12
OCT. 8	OCT. 9	OCT. 10	OCT. 11	OCT. 12
CHICKEN NUGGETS W/ROLL HOT DOG SANDWICH *ENTRÉE SALAD SEASONED GREEN PEAS AUGRATIN POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 15	FISH STRIPS WITH/HUSH PUPPIES GRILLED CHICKEN SANDWICH *ENTRÉE SALAD SLAW OVEN BROWNED POTATOES LETTUCE, TOMATO, PICKLE FRESH FRUIT CHILLED FRUIT CUP *MILK 16	BAKED CHICKEN W/ROLL CHEESE STICKS/W MARINARA *ENTRÉE SALAD OVEN BROWNED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 17	QUESADILLA WITH SALSA TURKEY CORN DOG NUGGETS *ENTRÉE SALAD SHREDDED LETTUCE SALAD 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 18	PIZZA HAMBURGER ON A BUN *ENTRÉE SALAD GARDEN SALAD LETTUCE, TOMATO, PICKLE 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 19
MEATBALL SUB CHICKEN WINGS WITH HOT ROLL *ENTRÉE SALAD SEASONED GREEN BEANS SCALLOPED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 22	CHICKEN SANDWICH STEAK STRIPS WITH HOT ROLL *ENTRÉE SALAD LETTUCE, TOMATO, PICKLE OVEN BROWNED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 23	TACOS OR TACO SALAD HOT POCKET *ENTRÉE SALAD TACO FIXINGS WHOLE KERNEL CORN 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 24	TERIYAKI NUGGETS W/ROLL FISH FILET SANDWICH *ENTRÉE SALAD SLAW OVEN BROWNED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 25	PIZZA EGGROLL WITH/DIP *ENTRÉE SALAD 0 VEGGIE PICK UPS WITH DIP 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 26
TURKEY CORN DOG NUGGETS BBQ SANDWICH *ENTRÉE SALAD ONION RINGS BAKED BEANS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 29	GRILLED HAM & CHEESE SAND. CHICKEN FAJITA W/TORTILLA *ENTRÉE SALAD FAJITA FIXINGS OVEN BROWNED POTATOES 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 30	SPAGHETTI WITH GARLIC TOAST QUESADILLA WITH SALSA *ENTRÉE SALAD 0 SEASONED GREEN PEAS 0 FRESH FRUIT CHILLED FRUIT CUP *MILK 31		

***A SALAD BAR OR A VARIETY OF ENTRÉE SALADS WILL BE OFFERED**

USDA MEAL REQUIREMENTS

MEAT / MEAT ALTERNATE
VEGETABLE AND OR FRUIT
BREAD / BREAD ALTERNATE
**MILK *

('K - 3)

1 1/2 OUNCE, PER DAY
1/2 CUP, PER DAY
8 SERVINGS, PER WEEK
1/2 PINT. PER DAY

**** A VARIETY OF LOWFAT MILK OFFERED**

(4-12)

2 OUNCES, PER DAY
3/4 CUP, PER DAY
8 SERVINGS, PER WEEK
1/2 PINT, PER DAY

*****SANDWICHES MAY BE OFFERED ON A VARIETY OF BREADS**

CUSTOMERS HAVE A CHOICE OF ONE ENTREE, CHOICE OF ANY 2 (1/2 CUP) VEGETABLE/FRUIT CHOICE SERVINGS, A BREAD SERVING, AND MILK AT A UNIT COST. TWO ITEMS MAY BE DECLINED BUT AT THE SAME MEAL COST.

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